Some things the method didn't tell me:

Relax
Ok guys and girls, I've tried just about every method out there from visualization techniques to "pulling ropes" and this is the only one that has worked for me. But, and this is a big but, you must not cheat yourself! Do the technique step by step. And most importantly of all, your body MUST be completely relaxed. I've used this method before and tried for 3 hours with no result mainly because my body was a little tense. But when I completely relax, hey no sweat. My girlfriend tried this method for 3 weeks with no results so one weekend I went through it with her, the first thing I had her do was completely relax. She'll never laugh at me when I talk about my obe's again! So please, go through some relaxation techniques right before you start. I can't stress this enough.

Don't quit
Sometimes when I try to have an obe in the morning, I just don't give myself enough time to fall back asleep or feel the vibrations. I strongly doubt you will have an obe after 30mins of trying the technique. Give yourself plenty of time. 2 1/2 hours should be enough.

Pay no attention to your body
When you feel the vibrations, don't let them distract you!! Just welcome them and stay focused. I've never experienced the vibrations that I read a lot about. Most experience them as energy tingling or something of that nature. Mine where somewhat different. When I experience them, it's never full body. It feels like my chest is on a waterbed. Just gently waves in my chest. I usually black out after feeling that for a while then wake up outside my body. When the waves come, and I think about them, they immediately go away. Leaving me frustrated because it takes a while for them to come back. Be nonchalant about it!

I included a relaxation technique that I use that seems to work pretty good. If the technique you use doesn't seem to be working, try this one.

I also forgot to mention that the files are in acrobat format so you will have to go download Acrobat.
If you don't have Adobe Acrobat, get it here
http://www.adobe.com/products/acrobat/readstep2.html

Good luck to everyone and let me know how it works out for you,

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